

Fingerprint of Tea

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Propositions

1. With our addiction to modern social media and digital technology, we have become masters of self-distraction, and sustained periods of focussed attention have become a scarce good.
2. By drinking tea from the *Camelia Sinensis* plant, people have been happily self-medicating their (daily) mental health for centuries. (Adapted from John Foxe)
3. The effects of caffeine consumption on attention are much more widespread than previously assumed. (This thesis)
4. To better fingerprint the mental effects of tea, it is crucial to understand the interaction between theanine and caffeine in tea relevant doses. (This thesis)
5. Having a tea break is not a waste of time, as it can boost mood and creativity. (This thesis)
6. To understand the full affective response to and benefits of food and beverage consumption, it is important to understand the interaction between product characteristics, consumer needs and consumption experiences. (This thesis)
7. The only thing certain in the emotion field is that no one agrees on how to define emotion, or how to best measure it. (Adapted from Alan Fridlund)
8. The future of research for functional foods should involve a better balance of controlled laboratory research and “uncontrolled” real-life research.
9. The acute mental benefits of tea consumption are helpful to better fulfill the everyday cognitive and emotional demands of modern life.
10. *“Yes, that’s it! Said the Hatter with a sigh, it’s always tea time.”* (Lewis Carroll, *Alice in Wonderland*)

Belonging to the Thesis entitled

Fingerprint of Tea: Acute mental benefits of tea consumption

Suzanne Einöther

Maastricht, May 11 2016